

Retiree Times

May/June 2020



PRESIDENT'S MESSAGE

vol·un·teer

noun

a person who freely offers to take part in an enterprise or undertake a task.

Volunteer work refers to activities performed willingly and without pay to produce goods or provide services for others outside the **volunteer's** household or family.

I have been doing volunteer work since I was in kindergarten, when I went door to door in my neighborhood, collecting for the March of Dimes. Do you remember those cards we got at school that we had to fill with dimes? I think it totaled \$2.00. I had a boy in my class named Craig who had polio. His mother used to bring him to school in a stroller because he could not walk. When I got my card, I told my mom that I wanted to fill it so that Craig could walk again. My mom suggested that we go around the neighborhood, but first I had to practice my pitch. I told my story about Craig to each and every one of my neighbors and I don't believe anyone said no to me. When I got to school the next day, I showed my card to Craig and told him I collected enough so that he could walk again. I hugged him.....Craig and I were friends through high school; and he did walk again.

I have had so many volunteer experiences throughout my life. As a young person, I sang in the school choir; tutored the younger kids; organized activities at our neighborhood parties. In high school and college, I taught dance; organized political rallies; was active in student government. As an adult, I tried to volunteer with organization so that I could pay it forward. I helped with school bond campaigns; I volunteered to help with political campaigns; I was very active in the non-profit community, acting as an advisor in board governance and volunteer management; and I continue to help women and men make their journey with breast cancer. And as a retiree, I volunteer at San Diego Superior Court, 2-1-1 San Diego and chair your Alumni Association Board of Directors. I do this because others need help and I do it, simply, because it feels good.

I know many of you volunteer your time to help others and I know you do it for the same reasons I do. Just because we are staying home doesn't mean we can't volunteer. We'll share articles and ideas for how you can still give of your time and talents!

Your President,
Samm McDonald



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For current information on activities, events and notices check the SDGE Alumni website <http://sdgealumniassoc.org> or Facebook SDG&E Alumni Association page <https://www.facebook.com/groups/408831429206094/>

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VIRTUAL VOLUNTEERING – AARP article

Volunteer virtually during coronavirus

The Coronavirus has changed how we go about our daily lives. If you're feeling restless about spending extra time inside, now is the perfect time to explore volunteer opportunities from home. Whether you're under a mandatory quarantine or just taking appropriate precautions by limiting social interaction, consider volunteer opportunities you can do virtually from the comfort of home.

Find the perfect fit, anywhere in the world

Volunteers today come in many forms. Most people imagine an in-person volunteer working in a community—whether cleaning up a park, holding a clothing drive or bringing a meal to a nursing home. But giving your time to a good cause can include more than being physically on site—and in an increasingly digital world, being “in person” isn't required.

Don't have a car or a ride to get to the volunteering site? Can't snag a sitter for young ones at home? Create the Good has you covered, helping you help others and your community right from your own home.

Every day, volunteers across the country lend a hand virtually, from computers, tablets, phones and other mobile devices. All you need is Internet access—and sometimes, just a phone.

What's your niche?

First, think about what it is that you can offer others. Can you provide that skill across the web? The way your talents translate virtually may surprise you.

For example, do you know how to build or update a website? Are you fluent in the language of computer coding or programming? Lend your skills to a nonprofit, effort or charity doing work you believe in. Organizations such as InterConnection.org can help you put your technology or computer skills to use for nonprofits and NGOs.

Are you a grammar whiz or love to write? Foundations and nonprofits are always trying to get the word out about their mission and their work. Offer to help with outreach to potential donors, fundraising or grant writing and editing. Or help the organization keep a blog or social media feeds updated.

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Is virtual volunteering right for you?

From flexibility to expanded horizons, there are many clear advantages to volunteering virtually. It could be a perfect fit for:

Those with busy schedules or time sensitivities and who need flexible scheduling

Those who care for young children and who need to stay home

Those without a vehicle or who experience other transportation or mobility challenges

Those who want to volunteer outside their own community, state or even country

Don't have a computer or internet access?

Don't worry—sometimes all you need is a phone to put your time toward good. Man a domestic violence hotline or suicide call center.

Organize or manage donation drive pickups. Or simply pick up the phone and call a senior in isolation.

Curious about the credibility of an online organization?

Read [Give Back Wisely](#) about smart giving to make sure your time and donations are doing the most good.



VIRTUAL VOLUNTEERING – AARP article, continued

The list goes on! Who are you?

A good listener? Offer your ear and emotional support by staffing a crisis hotline.

An attorney? Offer to give free legal advice to Non-governmental organizations.

A teacher? Depending on your instructional area, teach education courses online, create curricula, mentor a young person via Skype or give free webinars.

Fluent in another language? There are many groups worldwide that could use help with translations—and individuals and staff who could benefit from language training.

An administrative guru? You can do many admin tasks from your own computer, like answering emails, for understaffed nonprofits.

A research savvy scholar? Help with analysis, data entry, research or database maintenance or construction.

Consider your passion

Once you have a good feel for what it is you can offer, ask yourself what you're most passionate about—and then what organizations can benefit most from your skills. What's convenient about being a virtual volunteer is every organization across the world is at your fingertips. No matter your abilities, you're bound to find one with the mission—and needs—perfectly suited for you.

How do you find the perfect virtual fit? If you don't have an organization already in mind, there are plenty of volunteer matching sites with national and global opportunities:

[UNV Online Volunteering](#) is a service by United Nations Volunteers that connects individual volunteers with organizations working for sustainable human development around the world.

[Volunteer Match](#) links volunteers to virtual opportunities both in nearby communities and across the globe.

[Idealist.org](#) is a great search tool for locating volunteer opportunities with a nonprofit focus—and you can search by location, focus area, schedule and more.

The world is your volunteering oyster!

Want to sew clothing for disadvantaged children in India? Or help a nonprofit carry out a social mission in Taiwan? Or perhaps you know of a graphic design company doing great work in India?

Today's technology truly does allow you to connect to good from wherever you are. With the click of a button, you can find the perfect opportunity with a cause dear to you. Virtual volunteering is an ideal way to extend your altruistic reach across the globe, learning more about other cultures and making an impact on communities far away.

<https://createthegood.aarp.org/volunteer-search/?remoteOpps=true>



Hard Work of Sequestered SDG&E Employees Featured by San Diego Union Tribune

05/22/2020

SDG&E Editor's Note: 12 SDG&E employees have volunteered for sequestration to ensure COVID-19 safety measures are met while continuing safe, reliable grid operations. These employees live at their job site, working 12-hour shifts for 14 days straight apart from their families. We couldn't be more proud and grateful for the work of our team to keep the lights on and natural gas flowing during this time. Their work was recently featured in the below article from the [San Diego Union Tribune](#).

Two teams of six working 14-day shifts at the utility's mission control

By [ROB NIKOLEWSKI](#)

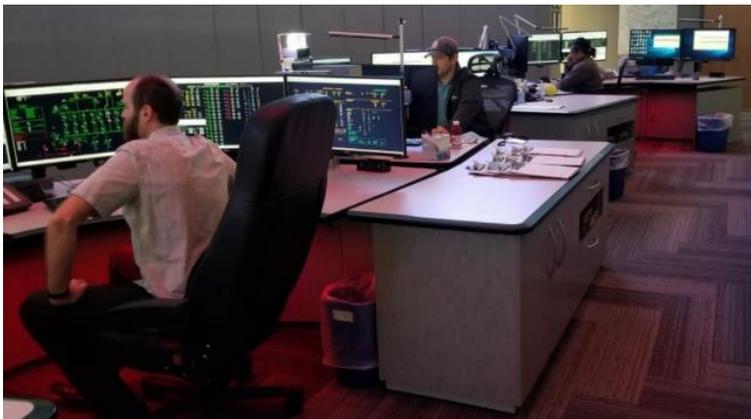
MAY 20, 2020

5:30 AM

Transmission system operator Blain Adams is one of 12 employees at San Diego Gas & Electric who has volunteered to take the classification of "essential worker" to the extreme.

To make sure the electrical grid stays up and running during the COVID-19 pandemic, Adams works a 12-hour shift for 14 consecutive days. And instead of going to his home in Normal Heights at the end of his workday, the 36-year-old heads to a recreational vehicle in a parking lot at SDG&E to get some rest before heading back to Mission Control the next day.

Read the rest of this story from the San Diego Union Tribune [here](#).



SDG&E ALUMNI TRANSITIONS

(since last edition)

Deceased

2020

February

Bessie "Betty" (Hurwits)
Heilman

March

Peter Aubrecht
James D Richards
George Errol Plaisted

April

Roger R Guillaume
L. Lucielle Kocks
Jean (Schaffrina) Lafair
Randall Nickolei
Donald Parent
Michael Vo
Howard White

Retired

2019

December

Ana Moreno

2020

March

Patricia Andrews

April

Brian Duffy
Brett Peterson
Willy Williamson

July

Joseph W. Knittle

For a full list of retired and deceased retirees, see our web archive, <http://sdgealumniassoc.org>
If you have any information regarding a newly retired or deceased SDG&E Alumni member, please contact
Alice Myers at 858-278-3803 or amollyputz@san.rr.com
We need your help! SDG&E cannot provide us this information.